First, we would like to ask a few questions about you and the time before you got pregnant with your new baby. Please check the box next to your answer.

uiic	JUA	ПСА	to your	ans were	•
1.	hea	lth ins	urance?		nt, did you have count Medicaid, coupon.
		No Yes			
2.	Me				nt, were you on s, or medical
		No Yes			
3.	During the <i>month before</i> you got pregnant with your new baby, how many times a week did you take a multivitamin or a prenatal vitamin? These are pills that contain many different vitamins and minerals.				
		a pren 1 to 3 4 to 6		week	
4.	Wh	at is yo	our date	of birth?	?
	Mo	nth	Day	19 Year	r
5.				t pregna id you w	nt with your new eigh?
	_	Po	unds <b>OF</b>	₹	Kilos

6.	Но	w tall are you without shoes?
		Feet Inches
		OR Centimeters
7.	bal	fore you got pregnant with your new by, did you ever have any other babies o were born alive?
		No — Go to Question 10 Yes
8.	wei	If the baby born <i>just before</i> your new one igh 5 pounds, 8 ounces (2.5 kilos) <i>or less</i> birth?
		No Yes
9.		s the baby <i>just before</i> your new one born re than 3 weeks before its due date?
	_	No Yes
		ext questions are about the time when t pregnant with your <i>new</i> baby.
10.	pre	inking back to <i>just before</i> you got egnant with your <i>new</i> baby, how did you I about becoming pregnant?
		Check one answer
		I wanted to be pregnant sooner I wanted to be pregnant later I wanted to be pregnant then

2 11. When you got pregnant with your new The next questions are about the prenatal baby, were you trying to get pregnant? care you received during your most recent pregnancy. Prenatal care includes visits to ☐ No a doctor, nurse, or other health care worker ☐ Yes -Go to Question 14 before your baby was born to get checkups and advice about pregnancy. (It may help to 12. When you got pregnant with your new baby, look at the calendar when you answer these were you or your husband or partner doing anything to keep from getting pregnant? questions.) (Some things people do to keep from getting pregnant include not having sex at certain times 14. How many weeks or months pregnant were [rhythm] or withdrawal, and using birth control you when you were sure you were pregnant? methods such as the pill, condoms, cervical (For example, you had a pregnancy test or a ring, IUD, having their tubes tied, or their doctor or nurse said you were pregnant.) partner having a vasectomy.) ☐ No Weeks **OR** Months ☐ Yes -Go to Question 14 ☐ I don't remember 13. What were your or your husband's or partner's reasons for not doing anything to 15. How many weeks or months pregnant were keep from getting pregnant? you when you had your first visit for prenatal care? Do not count a visit that was only for a Check all that apply pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, ☐ I didn't mind if I got pregnant Infants, and Children). ☐ I thought I could not get pregnant at that ☐ I had side effects from the birth control Weeks **OR** \_\_\_\_\_ Months method I was using ☐ I didn't go for prenatal care ☐ I had problems getting birth control when I needed it ☐ I thought my husband or partner or I was 16. Did you get prenatal care as early in your sterile (could not get pregnant at all) pregnancy as you wanted? ☐ My husband or partner didn't want to use ☐ No anything ☐ Yes ☐ Other — ➤ Please tell us: ☐ I didn't want prenatal Go to Question 18 care -

17. Here is a list of problems some women can have getting prenatal care. For each item, circle Y (Yes) if it was a problem for you during your most recent pregnancy or circle N (No) if it was not a problem or did not apply to you.

	No	Ye
a.	I couldn't get an appointment when	
	I wanted one N	Y
b.	I didn't have enough money or	
	insurance to pay for my visitsN	Y
c.	I had no way to get to the clinic or	
	doctor's office N	Y
d.	I couldn't take time off from work N	Y
e.	The doctor or my health plan would	
	not start care as early as I wanted N	Y
f.	I didn't have my Medicaid card,	
	Healthy Options card,	
	or medical couponN	Y
g.	I had no one to take care of	
	my children N	Y
h.	I had too many other things	
	going onN	Y
i.	I didn't want anyone to know I was	
	pregnantN	Y
j.	Other	Y
	Please tell us:	

If you did not go for prenatal care, go to Page 4, Question 21.

## 18. How was your prenatal care paid for?

Check all that apply

Medicaid, Healthy Options, or medical		
coupon Personal income (cash, check, or credit card)		
Health insurance or HMO (including insurance from your work or your		
husband's work) Military TRICARE-Standard (formerly CHAMPUS)		
I still owe Other → Please tell us:		

19. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.

	No	Yes
a.	How smoking during pregnancy	
	could affect my babyN	Y
b.	Breastfeeding my baby N	Y
c.	How drinking alcohol during	
	pregnancy could affect my baby N	Y
d.	Using a seat belt during	
	my pregnancy N	Y
e.	Birth control methods to use after	
	my pregnancy N	Y
f.	Medicines that are safe to take	
	during my pregnancy N	Y
g.	How using illegal drugs could	
	affect my babyN	Y
h.	Doing tests to screen for	
	birth defects or diseases that	
	run in my family N	Y
i.	What to do if my labor starts early N	Y
j.	Getting tested for HIV (the virus	
	that causes AIDS) N	Y
k.	Physical abuse to women by their	
	husbands or partners N	Y

20. During any of your prenatal care visits, did a doctor, nurse, or other health care worker do any of the things listed below? For each item circle Y (Yes) if someone asked or talked with you about it or circle N (No) if no one asked or talked with you about it.

		No	Yes
a.	Ask if you were smoking cigarettes	N	Y
b.	Ask how much alcohol you		
	were drinking	N	Y
c.	Ask if someone was hurting you		
	emotionally or physically		Y
d.	Ask if you were using illegal drug	S	
	(marijuana or hash, cocaine,		
	crack, etc.)		Y
e.	Ask if you wanted to be tested for		
	HIV (the virus that causes AIDS)	N	Y
f.	Ask if you planned to use birth		
	control after your baby was born		Y
g.	Talk with you about how eating fi		
	containing high levels of mercury		
	could affect your baby	N	Y
h.	Talk with you about the bacteria		
	Group B Strep (or Beta Strep)	N	Y
21.	At any time during your most re	cent	
	pregnancy or delivery, did you h for HIV (the virus that causes A	ave a te	est
	for HIV (the virus that causes A	ave a te	est
	for HIV (the virus that causes A	nave a te IDS)?	
	for HIV (the virus that causes A  □ No □ Yes  → Go to Q	nave a te IDS)?	
	for HIV (the virus that causes A	nave a te IDS)?	
22.	for HIV (the virus that causes A  No Yes Go to Q  I don't know	nave a te	25
22.	for HIV (the virus that causes A  No Yes I don't know  Were you offered an HIV test du	nave a te IDS)? Question	25
22.	for HIV (the virus that causes A  No Yes Go to Q  I don't know  Were you offered an HIV test du most recent pregnancy or delive	nave a te IDS)? Question uring youry?	25 ur
22.	for HIV (the virus that causes A  No Yes Go to Q  I don't know  Were you offered an HIV test du most recent pregnancy or delive  No Go to Q	nave a te IDS)? Question uring youry?	25 ur
22.	for HIV (the virus that causes A  No Yes Go to Q  I don't know  Were you offered an HIV test du most recent pregnancy or delive	nave a te IDS)? Question uring youry?	25 ur
	for HIV (the virus that causes A  No Yes Go to Q  I don't know  Were you offered an HIV test du most recent pregnancy or delive  No Go to Q	uestion uring youry?	25 ur
	for HIV (the virus that causes A  No Yes Go to Q  I don't know  Were you offered an HIV test du most recent pregnancy or delive  No Yes  Did you turn down the HIV test	puestion uring youry? Question	25 ur 25
	for HIV (the virus that causes A  No Yes Go to Q  I don't know  Were you offered an HIV test du most recent pregnancy or delive  No Yes Go to Q	puestion uring youry? Question	25 ur 25

24.	Wh	Why did you turn down the HIV test?		
		Check <u>all</u> that apply		
☐ I did not think I was at risk for HIV ☐ I did not want people to think I was at risk for HIV ☐ I was afraid of getting the result ☐ I was tested before this pregnancy, and did not think I needed to be tested again ☐ Other → Please tell us:  The next questions are about your most recent pregnancy and things that might				
		appened during your pregnancy.		
25.	you Nut	ring your most recent pregnancy, were on WIC (the Special Supplemental trition Program for Women, Infants, I Children)?		
		No Yes		

26.	<b>Did you have any of these problems dur your most recent pregnancy?</b> For each is circle <b>Y</b> (Yes) if you had the problem or comparison of the problem of t	y? For each item,		
	No	Yes		
a.	High blood sugar (diabetes) that started <i>before</i> this pregnancy N	Y		
b.	High blood sugar (diabetes) that	-		
-	started <i>during</i> this pregnancy N	Y		
c.	Vaginal bleeding N	Y		
d.	Kidney or bladder (urinary tract)			
	infection N	Y		
e.	Severe nausea, vomiting, or			
	dehydration N	Y		
f.	Cervix had to be sewn shut			
	(incompetent cervix)N	Y		
g.	High blood pressure, hypertension			
_	(including pregnancy-induced			
	hypertension [PIH]), preeclampsia,			
	or toxemiaN	Y		
h.	Problems with the placenta (such as			
	abruptio placentae or			
	placenta previa)N	Y		
i.	Labor pains more than 3 weeks			
	before my baby was due (preterm			
	or early labor) N	Y		
j.	Water broke more than 3 weeks			
	before my baby was due (premature			
	rupture of membranes [PROM])N	Y		
k.	I had to have a blood transfusion N	Y		
1.	I was hurt in a car accident N	Y		

If you did not have any of these problems, go to Page 6, Question 28.

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27. Did you do any of the following things because of these problems? For each item, circle Y (Yes) if you did that thing or circle	30. In the <i>last 3 months</i> of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)		
N (No) if you did not.  No Yes  a. I went to the hospital or emergency room and stayed less than 1 day N Y  b. I went to the hospital and stayed 1 to 7 days N Y  c. I went to the hospital and stayed more than 7 days N Y	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ None (0 cigarettes)		
d. I stayed in bed at home more than 2 days because of my doctor's or nurse's advice	31. How many cigarettes do you smoke on an average day now? (A pack has 20 cigarettes.)		
The next questions are about smoking cigarettes and drinking alcohol.	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes		
28. Have you smoked at least 100 cigarettes in the past 2 years? (A pack has 20 cigarettes.)	☐ Less than 1 cigarette ☐ None (0 cigarettes)		
<ul> <li>No → Go to Question 32</li> <li>Yes</li> <li>29. In the 3 months before you got pregnant, how many cigarettes did you smoke on an</li> </ul>	<b>32.</b> Have you had any alcoholic drinks in the past 2 years? (A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.)		
average day? (A pack has 20 cigarettes.)	☐ No — Go to Question 35 ☐ Yes		
☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ None (0 cigarettes)	33a. During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?  14 drinks or more a week 7 to 13 drinks a week 4 to 6 drinks a week 1 to 3 drinks a week Less than 1 drink a week I didn't drink then		

pregnant, how many times did you drink salcoholic drinks or more in one sitting?	Pregnancy can be a difficult time for some women. These next questions are about things that may have happened before and			
☐ 6 or more times ☐ 4 to 5 times ☐ 2 to 3 times ☐ 1 time ☐ I didn't have 5 drinks or more in 1 sitting ☐ I didn't drink then	during your most recent pregnancy.  35. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (No) if it did not. (It may help to use the calendar.)			
34a. During the <i>last 3 months</i> of your pregnancy, how many alcoholic drinks did you have in an average week?	a. A close family member was very sick and had to go into the hospital N Y			
☐ 14 drinks or more a week ☐ 7 to 13 drinks a week ☐ 4 to 6 drinks a week ☐ 1 to 3 drinks a week ☐ Less than 1 drink a week ☐ I didn't drink then	b. I got separated or divorced from my husband or partner			
34b. During the <i>last 3 months</i> of your pregnancy, how many times did you drink 5 alcoholic drinks or more in one sitting?	more than usual			
☐ 6 or more times ☐ 4 to 5 times ☐ 2 to 3 times	<ul> <li>i. I had a lot of bills I couldn't payN Y</li> <li>j. I was in a physical fightN Y</li> <li>k. My husband or partner or I</li> <li>went to jailN Y</li> </ul>			
<ul> <li>☐ 1 time</li> <li>☐ I didn't have 5 drinks or more in 1 sitting</li> <li>☐ I didn't drink then</li> </ul>	Someone very close to me had a bad problem with drinking or drugs N Y     m. Someone very close to me died N Y			
	36. During the 12 months before your new baby was born, did you ever eat less than you felt you should because there wasn't enough money to buy food?			
	□ No □ Yes			

☐ No☐ Yes

The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.)

40.	When was	s your bab	y due?	
	Month	Day	Year	
41.			o the hos	spital to have
	your baby	?		
	Month	Day	Year	
		't have my	baby in a	hospital
				1
42.	When was	s your bab	y born?	
	Month	Day	Year	
	Wionth	Duy	Tour	
43.				
43.	after your	baby was		t may help to
43.		baby was		
43.	after your	baby was		
43.	after your	baby was		
43.	after your use the cal  Month	baby was endar.)	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to
43.	after your use the cal  Month	baby was endar.)  Day	born? (I Year	t may help to

44. How was your delivery paid for?	47. Is your baby alive now?
Check <u>all</u> that apply  ☐ Medicaid, Healthy Options, or medical	☐ No → Go to Page 10, Question 58☐ ☐ Yes
coupon Personal income (cash, check, or credit card) Health insurance or HMO (including insurance from your work or your husband's work) Military or TRICARE-Standard (formerly CHAMPUS)	48. Is your baby living with you now?  ☐ No → Go to Page 10, Question 58 ☐ Yes  49. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?
☐ I still owe ☐ Other → Please tell us:	☐ No ——➤ Go to Page 10, Question 53 ☐ Yes
	50. Are you still breastfeeding or feeding pumped milk to your new baby?
The next questions are about the time since your new baby was born.	<ul> <li>□ No</li> <li>□ Yes</li></ul>
45. After your baby was born, was he or she put in an intensive care unit?	51. How many weeks or months did you breastfeed or pump milk to feed your baby?
□ No □ Yes □ I don't know	Weeks <b>OR</b> Months  ☐ Less than 1 week
<ul><li>46. After your baby was born, how long did he or she stay in the hospital?</li><li>Less than 24 hours (less than 1 day)</li></ul>	52. How old was your baby the first time you fed him or her anything besides breast milk? Include formula, baby food, juice,
24 to 48 hours (1 to 2 days) 3 days 4 days 5 days 6 days or more My baby was not born in a hospital My baby is still in the hospital Go to Question 49	cow's milk, water, sugar water, or anything else you fed your baby.  Weeks OR Months  My baby was less than 1 week old  I have not fed my baby anything besides breast milk  If your baby is still in the hospital, go to Page 10, Question 58.

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53.	About how many hours a day, on average, is your new baby in the same room with someone who is smoking?  Hours  Less than 1 hour a day  My baby is never in the same room with someone who is smoking	any (Son pres [rhy met ring part	Are you or your husband or partner doing anything now to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [rhythm] or withdrawal, and using birth control methods such as the pill, condoms, cervical ring, IUD, having their tubes tied, or their partner having a vasectomy.)		
				Yes —	Go to Question 60
54.	How do you <i>most often</i> lay your baby down to sleep now?  Check <u>one</u> answer	59.	par	What are your or your husband's or partner's reasons for not doing anything t keep from getting pregnant now?	
	On his or her side				Check all that apply
55.	On his or her back On his or her stomach  How often does your new baby sleep in the			I am not having sex I want to get pregnant I don't want to use birth control	ant birth control
	same bed with you or anyone else?  Always Often Sometimes Rarely Never			use anything	
56.	Was your new baby seen by a doctor, nurse, or other health care worker during the first week after he or she left the hospital?				
	□ No □ Yes				
57.	Has your new baby had a well-baby checkup? (A well-baby checkup is a regular health visit for your baby usually at 2, 4, or 6 months of age.)				
	□ No □ Yes				

62. During the 12 months before your new baby

was born, how many people, including

The next few questions are about the time during the 12 months before your new baby was born.

was born.			yourself, depended on this income?				
	0. During the 12 months before your new baby was born, what were the sources of your household's income?  Check all that apply			People  The next few questions are on a variety of topics.			
<ul> <li>□ Paycheck or money from a job</li> <li>□ Money from family or friends</li> <li>□ Money from a business, fees, div or rental income</li> <li>□ Aid such as Temporary Assistance Needy Families (TANF), welfare</li> </ul>		or friends ness, fees, dividends, rary Assistance for ANF), welfare, WIC,	63. Which of the following statements best describes you during the 3 months before you got pregnant?  Check one answer				
	public assistance, general assistance, food stamps, or Supplemental Security Income (SSI)  ☐ Unemployment benefits ☐ Child support or alimony ☐ Social security, workers' compensation, disability, veteran benefits, or pensions ☐ Other → Please tell us:			<ul> <li>I was trying to get pregnant</li> <li>I wasn't trying to get pregnant or trying to keep from getting pregnant</li> <li>I was trying to keep from getting pregnant but was not trying very hard</li> <li>I was trying hard to keep from getting pregnant</li> </ul>			
<b>61.</b>	During the 12 months was born, what was yo income before taxes? Your husband's or partners.	before your new baby our total household Include your income, er's income, and any	pre did act mo swi Do	64. During the 3 months before you got pregnant with your new baby, how ofted did you participate in any physical activities or exercise for 30 minutes or more? (For example, walking for exercise swimming, cycling, dancing, or gardenin Do not count exercise you may have done as part of your regular job.			
	other income you may have used. (All information will be kept private and will not affect any services you are now getting.)  Check one answer			Less than 1 day per 1 to 4 days per wee 5 or more days per	ek		
	Less than \$10,000  \$10,000 to \$14,999  \$15,000 to \$19,999  \$20,000 to \$24,999  \$25,000 to \$34,999  \$35,000 to \$49,999  \$50,000 or more						

65. At any time during your pregnancy, did a doctor, nurse, or other health care worker talk to you about the following things? For each thing, circle Y (Yes) if it applies to you, N (No) if it does not apply to you, or DK (Don't Know) if you are unsure.

	No	Yes	Don't Know
a.	"Baby blues" or postpartum depression N	Y	DK
b.	How much weight you should gain during your pregnancy N	Y	DK
c.	Diseases or birth defects that could run in your family		
	or your partner's familyN	Y	DK

If you did not smoke during the 3 months before you got pregnant, go to Question 67.

If you did not go for prenatal care, go to Question 67.

66. Listed below are some things about smoking that a doctor, nurse, or other health care worker might have done during any of your prenatal care visits. For each thing, circle Y (Yes) if it applied to you during any of your prenatal care visits or circle N (No) if it did not.

During any of your prenatal care visits, did a doctor, nurse, or other health care worker—

	No	Yes
Spend time with you discussing		
how to quit smoking	. N	Y
Suggest that you set a specific		
date to stop smoking	. N	Y
Prescribe a nicotine nasal spray or		
	. N	Y
Prescribe a pill like Zyban® (also		
- ·		
	. N	Y
		Y
		Y
	. N	Y
•		
- · · · · · · · · · · · · · · · · · · ·	. N	Y
<u> </u>		
• •	. N	Y
<u> </u>	. N	Y
•	. N	Y
	how to quit smoking	Spend time with you discussing how to quit smoking

67.	describes the rules about smoking inside your home during your most recent pregnancy?			happened during your most recent preg For each thing, circle Y (Yes) if it happene you or circle N (No) if it did not.			
		Check one answer		During your most recent pregnancy—	_		
	inside my home Smoking was allow at some times	d to smoke anywhere red in some rooms or itted anywhere inside	a.		o Yes		
68.	During your most rece you have had the kinds if you had needed then circle Y (Yes) if you wo of help or N (No) if you this kind of help.	s of help listed below n? For each thing, ould have had this kind	c.	husband or partner			
a. b.	Someone to help me if I and needed to be in bed. Someone to take me to t doctor's office if I needed.	meone to loan me \$50	to take part in any sexual activity when you did not want to (including touch that made you uncomfortable)				
d.				☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never			
			70b.	Since your new baby was born, how o have you had little interest or little p in doing things?			
				☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never			

If your baby is no longer alive or is not living

	ith you now, go to Question 74.		<b>dentist or dental hygienist?</b> For each of the three time periods, circle <b>Y</b> (Yes) if you had		
71.	Listed below are some statements about		your teeth cleaned then or circle $\mathbf{N}$ (No) if you did not have your teeth cleaned then.		
	safety. For each thing, circle Y (Yes) if it applies to you, N (No) if it does not apply to you, or DK (Don't Know) if you are unsure.  No Yes Don't	b.	No Ye  Fore my most recent pregnancy N Y  Fring my most recent pregnancy N Y  For my most recent pregnancy N Y		
	Know				
a.	Your home has a working smoke alarm that has been tested in the past year		Which of the following statements best describes the rules about smoking <i>inside</i> your home <i>now?</i>		
b.	The last time your baby rode in a car he or she was		Check <u>one</u> answer		
	in a car safety seat N Y DK		☐ No one is allowed to smoke anywhere inside my home		
72.	Do you have an infant car seat(s) for your new baby?		☐ Smoking is allowed in some rooms or at		
	☐ No — → Go to Question 74 ☐ Yes		some times Smoking is permitted anywhere inside home		
73.	When your new baby rides in an infant car seat, is he or she <i>usually</i> facing forward or facing the rear of the car, truck, or van?	77.	Do you get the water you use in your house apartment, or trailer from a city or county water supply or from a private well?		
	☐ Facing forward ☐ Facing the rear		☐ City or county water supply ☐ Private well		
74.	Have you ever had your teeth cleaned by a	78.	What is today's date?		
	dentist or dental hygienist?				
	☐ No — <b>Go to Question 76</b> ☐ Yes		Month Day Year		

75. When did you have your teeth cleaned by a

Please use this space for any additional comments you would like to make about the health of mothers and babies in Washington.

Thanks for answering our questions!

Your answers will help us work to make Washington mothers and babies healthier.